

# CALORIE COUNTING MADE EASY



**THE CARLAY COMPANY**

*Division of Campana Sales Company*

BATAVIA, ILLINOIS

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## IF

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## The Causes and Dangers of Obesity (Excess Fat)

Excess fat in the human body is accumulated through over-nutrition (over-eating) or improper functioning of the glands which control the bodily weight. If the overweight condition is caused by glandular disturbance, then we suggest that it be treated by a physician—just like any other disease. The use of the Ayds Vitamin Candy Reducing Plan is not recommended for such cases.

But years of experience with thousands of overweight people who have used the Ayds Reducing Plan, some of whom were examined regularly in a clinic under the supervision of competent medical doctors, convinces us that the far greater number of overweight people—doctors estimates vary from 95% to 98%—are victims of their own uncontrolled appetites and that their excess fat is the result of over-eating. It is to these thousands that the use of the Ayds Reducing Plan is recommended.

The human body is sometimes compared to a beautiful, smooth-running machine; one which is designed to operate for decades and often functions for a hundred years; a machine in which the tissues are gradually replaced from within as they wear out; a machine in which the motive power for operation and for reconstruction of tissues is supplied by our daily diet—FOOD.

In growing youth the building of new tissue, bone and sinew, permit—even demand—the eating of inordinate amounts of food without any resulting accumulation of excess fat. During early maturity, too, the restless activity of persons within those years likewise burns up the energy of consumed food and little or no surplus remains to be transformed into fat. In later years those who spend their days in hard, active, manual labor can usually indulge their appetites without risking undue accumulation of fat over their toil-hardened structure of bone and muscle.

But the city dweller or the housewife is less fortunate. To them maturity brings a settled life, often a sedentary one, spent within the narrow confines of an office or a home. Under such conditions the continued indulgence in the rich fat-producing foods of youth levies its toll. Heavy layers of fat gradually extend over the tough, firm, abdominal muscles; rolls of fat distort the hip contours and distend the jaws into jowls, and before the unsuspecting heavy-eater is aware of the transition, the slim, graceful lines of youth are gone—perhaps forever.

This excess fat serves no useful purpose. It may be compared to a reserve food supply in the basement of a house to be drawn upon when the larder runs low and cannot be replenished. It is estimated that a thirty pound excess in the body fat amounts to approximately 90,000 calories, a supply which may be sufficient to sustain the body for a long time without any other food. If a person is in danger of being marooned on a desert island such a reserve of fat would be a definite asset but in the well-ordered existence of today such a possibility is remote, and the accumulated fat offers no advantage to compensate for its disfigurement of the body symmetry and its menace to the overweight's health.

The added weight becomes a burden on all of the organs of the digestive system and causes to descend on its victim a lassitude from which it is difficult to awaken. As the fat accumulates, exercise becomes more and more distasteful and finally is a real physical hardship for the fat-encased muscles degenerate into flabby flesh because of their inactivity and fail to respond except with pains and soreness. The automobile contributes its share to this physical decadence; the comfort of its deep cushions pampers the lethargy of obesity.

The Insurance Companies, the Physicians, all who have the health of our Countrymen in their charge, almost daily warn of the dangers of an obese condi-

tion. The kidneys, the heart, the pancreas—in fact all the vital organs of the body—are put under too great a strain by the added work of storing and transporting this unnecessary fat. The recent tremendous increase in deaths caused from heart ailments may be attributed, in part, to obesity.

Our experience tells us that men usually become concerned about their overweight condition only when their health is threatened by an ailment attributed to it. Women, in general, are more watchful of approaching fat because of the eternal feminine desire to appear slim, youthful, attractive.

But no matter what reason may stir the overweight sufferer into action, the time comes when he or she realizes the necessity for correcting this dangerous and repulsive condition. It is then that overweights should think of Ayds. The Ayds Vitamin Candy Reducing Plan is an aid in reducing weight because it makes reducing easier as well as pleasant.

## **Calorie-Definition**

The energy developed by food is measured in calories, the scientists having defined a calorie as the amount of heat required to raise the temperature of one gram of water, one degree centigrade. This unit of heat measurement is applied to foods, and the number of calories in any food determines its fat-producing quality, and the types and portions of food having the greatest number of calories are the ones which produce the most fat in the human body.

## **Calories Needed per Day for Normal Individuals**

The number of calories needed by a normal individual depends on age, weight and physical activities. The baby and growing child need more calories per pound per day than the adult, who supplies only his energy and repair needs. The old need still

less than the young adult. Naturally, the more active you are the more calories you need, for every movement of the body.

A Michigan lumberman, for example, working during the winter months, consumes from 5,000 to 8,000 calories per day. But they do a gigantic amount of hard physical work.

### **Calories Needed for Normal Weight**

	Per Pound of body weight per day
Infants Require.....	40 - 50 Calories
Growing Children.....	30 - 40 Calories
Adults (varies as to activity).....	15 - 20 Calories
Old Age requires.....	15 or less Calories

#### **MAN (daily)**

At rest.....	1800 to 2000 Calories
Sedentary .....	2200 to 2800 Calories
Working .....	3500 to 4000 Calories

#### **WOMAN (daily)**

At rest.....	1600 to 1800 Calories
Sedentary occupations (Bookkeeper, for example).....	1900 to 2200 Calories
Occupations which require standing, walking, or manual labor (housekeeping, for example) .....	2300 to 2500 Calories
Occupations requiring Strength (Laundress, for example) .....	2600 to 3000 Calories
Surprise: Mental work does not require added nour- ishment. It is the fidgeting around, the restless spend- ing of energy accompanying thinking that uses up calories.	

### **NOW TO GET DOWN TO BUSINESS**

- A. Determine your normal weight by this Rule or use table on following page.

Multiply number of inches over five feet in height, by  $5\frac{1}{2}$ ; add 110. Example: if your height is five feet seven inches without shoes:

$$\begin{array}{r} 7 \times 5\frac{1}{2} - 38\frac{1}{2} \\ 110 \\ \hline 148\frac{1}{2} \end{array}$$

If under five feet multiply number of inches under five feet by  $5\frac{1}{2}$  and subtract from 110. Example: If your height is four feet ten inches without shoes:

$$\begin{array}{r} 2 \times 5\frac{1}{2} - 12\frac{1}{2} \\ 110 \\ 12\frac{1}{2} \\ \hline 97\frac{1}{2} \end{array}$$

B. Multiply normal weight by number of calories needed per pound daily.

If you weigh 200 or 125 pounds, for example, but by the rule for your height your weight should be 150 lbs.; then 150 would be the number you would use.

Adults require 15-20 C per pound per day, depending on activity. If you have no physical activity, take the lowest figure, 15.  $150 \times 15 = 2250$ . Therefore, your requirement, if your weight should be 150, is 2250 calories per day.

If you want to lose, cut down 500 to 1000 calories per day from that. 500 calories equal about 2 ounces of fat. 2 ounces per day would be about 4 pounds per month, or 48 pounds per year. Cutting out 1000 calories per day would equal a loss of about 8 pounds per month, or 96 pounds per year. You can definitely lose these pounds by having a knowledge of food values (calories) and regulating the food you eat.

# Official Table of Weights for Women and Men

WOMEN		MEN	
Weight in Pounds (as ordinarily dressed)	Height (with shoes on)	Weight in Pounds (as ordinarily dressed)	Height (with shoes on)
20-24	25-29	20-24	25-29
20-24	25-29	30 and over	30 and over
113	116	4' 11"	..
115	118	5' 0"	119
117	120	5' 1"	121
120	122	5' 2"	124
123	125	5' 3"	127
126	128	5' 4"	131
129	132	5' 5"	134
132	136	5' 6"	137
133	140	5' 7"	138
136	144	5' 8"	141
137	140	5' 9"	142
141	144	5' 10"	146
145	148	5' 11"	149
149	152	6' 0"	154
153	155	6' 1"	158
157	158	6' 2"	163
..	159	6' 3"	168
6	162	6' 4"	169
..	168	6' 5"	174
..	175	6' 6"	180

## **It's Easy To Plan Low-Calorie Meals**

Using the calories listed on the following pages, it's easy to make up your own menus with your individual calorie needs. Be careful however, not to choose only a few favorite foods; use as wide a variety of healthful foods as the budget permits to plan your menus.

**Note: 1 cup represents 8 ounces.**

### **BEVERAGES**

	<b>Calories</b>
<b>Chocolate</b>	
Half Milk—Half Water..1 cup.....	150
All Milk.....1 cup.....	250
<b>Cocoa</b>	
Half Milk—Half Water..1 cup.....	130
All Milk.....1 cup.....	172
<b>Coffee</b>	
Black, unsweetened.....	0
<b>Cola Beverages</b> .....1 cup.....	100
Egg Nog .....1 cup.....	200
Fruit Punch.....1 cup.....	185
Ginger Ale.....1 cup.....	75
<b>Kaffee Hag</b>	
Plain.....	0
<b>Lemonade</b> .....1 cup.....	75
<b>Malted Milk</b> .....	
Chocolate.....1 cup.....	400
Plain.....1 cup.....	200
<b>Ovaltine</b>	
With skim mi'k.....1 cup.....	100
<b>Postum, plain</b> .....1 cup.....	0
Root Beer.....1 cup.....	100
Sarsaparilla.....3/4 cup.....	56

	Calories
<b>Seltzer Water</b> .....	0
<b>Soda Water</b> .....1 Glass.....	100
<b>Tea</b>	
Plain unsweetened.....1 Glass.....	0
With juice of $\frac{1}{2}$ lemon and $1\frac{2}{3}$ tspn. sugar.....1 cup.....	116

### BEVERAGES—Alcoholic

#### Malt Liquors

Ale, cream ale carb.....1 cup.....	100
Bock Beer.....1 cup.....	135
Lager Beer.....1 cup.....	100
Porter, stout.....1 cup.....	150
Stock ale.....1 cup.....	150
Still ale.....1 cup.....	150
India ale.....1 cup.....	150
Weiss.....1 cup.....	55

#### Distilled Liquors

Absinthe.....cordial glass.....	50
Applejack.....brandy glass.....	75
Akvavit.....cordial glass.....	50
Arrac.....cordial glass.....	50
Bacardi Rum.....brandy glass.....	75
Bitters.....teaspoon .....	10
Brandy.....brandy glass.....	75-90
Creme Yvette.....cordial glass.....	65
Gin.....brandy glass.....	75
Kirschwasser.....cordial glass.....	50

#### Whiskies

Bourbon, Irish Rye.....brandy glass.....	85
Scotch.....brandy glass.....	75

#### Liqueurs and Cordials

Annisette.....cordial glass.....	80
Benedictine.....cordial glass.....	80
Chartreuse.....cordial glass.....	75
Creme de Cocoa.....cordial glass.....	50
Creme de Menthe.....cordial glass.....	70

Curacao.....	cordial	glass.....	60
Kummel.....	cordial	glass.....	50
Maraschino.....	cordial	glass.....	75
Swedish Punch.....	cordial	glass.....	60
Rum.....	brandy	glass.....	75
Sloe Gin.....	brandy	glass.....	75
Vodka.....	cordial	glass.....	65

### Miscellaneous

Cider, sweet.....	1 cup.....	100
Cider, hard.....	wine glass.....	40
Grenadine syrup.....	cordial glass.....	50
Maraschino Cherry Juice	teaspoon .....	7
Raspberry syrup.....	cordial glass.....	50
(Cordial glass — 1½ tablespoons; Brandy glass 2		
tablespoons)		

NOTE: The full value of mixed drinks and cocktails depends on the kinds and amounts of materials used in their composition. The calorie content must be judged accordingly.

### Wines

		Calories
Domestic		
Calif. Red Wines.....	1 wine glass.....	75
Calif. White Wines.....	1 wine glass.....	75
Calif. Sauterne.....	1 wine glass.....	90
Champagne.....	1 wine glass.....	90
Catawka.....	1 wine glass.....	140
Muscatel.....	1 wine glass.....	165
Port.....	1 wine glass.....	165
Sherry.....	1 wine glass.....	140
European		
Bordeaux.....	1 wine glass.....	80
Champagne, dry.....	1 wine glass.....	85
Champagne, sweet.....	1 wine glass.....	120
Claret.....	1 wine glass.....	60
Madeira.....	1 wine glass.....	110
Moselle.....	1 wine glass.....	60
Rhine.....	1 wine glass.....	70
Sauterne.....	1 wine glass.....	80
Malaga.....	1 wine glass.....	155

Marsala.....	1 wine glass.....	110
Port Wine.....	1 wine glass.....	130
Sherry, moderately dry.	1 wine glass.....	120
Tokay.....	1 wine glass.....	120
Vermouth, French.....	1 wine glass.....	110
Vermouth, Italian.....	1 wine glass.....	175
Standard wine glass holds $\frac{1}{3}$ cup or 6 tablespoons.		

### BREADS, CRACKERS, MUFFINS, ROLLS

<b>Breads</b>		<b>Calories</b>
Bran.....	1 thin slice.....	52
Corn.....	3" x 4" x $\frac{1}{2}$ .....	130
Gluten.....	3" x 2" x $\frac{3}{4}$ .....	40
Graham.....	1 thin slice .....	52
Melba Toast.....	1 thin slice .....	25
Raisin.....	1 slice.....	75
Rye.....	1 thin slice .....	50
White.....	1 thin slice .....	52
Whole Wheat.....	1 thin slice .....	52
<b>Biscuits</b>		<b>Calories</b>
Baking Powder.....	1 large or 2 small....	100
Plain.....	1 large or 2 small....	100
<b>Crackers</b>		<b>Calories</b>
Cheese Straws.....	3 .....	100
Croutons, Toasted.....	12-1/2" cubes.....	50
Graham.....	3 .....	100
Oatmeal.....	1 .....	25
Oyster Crackers.....	24 .....	100
Pretzels.....	5 .....	100
Rusk.....	1 .....	50
Rye Crisp.....	3 .....	50
Rye Wafers.....	1 .....	28
Saltines.....	1 Double.....	40
Soda Crackers.....	1 .....	25
Swedish Health Bread...	1 square.....	35
Zweiback.....	1 .....	35
<b>Muffins, Rolls</b>		<b>Calories</b>
Almond Coffee Cake... small piece.....		175
Blueberry Muffin.....	1 .....	110

Boston Brown Bread....	1 slice.....	100
3 in. diam., $\frac{3}{4}$ thick		
Bran Muffin.....	1 .....	50
Cinnamon Roll.....	1 .....	150
Corn Muffin.....	1 large.....	100
French Hard Roll.....	1 small.....	80
French Toast.....	1 slice.....	130
Gingerbread.....	1 slice.....	150
One Egg Muffin.....	1 .....	132
Parker House Roll.....	1 .....	100
Popovers.....	1 .....	80
Scones.....	1 .....	130
Sweet Rolls (average)....	1 .....	120
Whole Wheat Muffin....	1 .....	133

	<b>CANDIES</b>	<b>Calories</b>
Ayds.....	1 piece .....	25
Bon Bons.....	1 .....	100
<b>Caramels</b>		
Chocolate with nuts....	1 .....	100
Plain.....	1 .....	80

### **Cherries**

Candied.....	10 .....	100
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### **Chocolate Bars (5c Size)**

Nut.....	1 .....	400
Plain.....	1 .....	350
<b>Chocolate Creams....</b>	1 .....	100
<b>Chocolate Fudge.....</b>	1 piece $1\frac{1}{2}'' \times \frac{3}{4}'' \times 1''$ ...	100
<b>Chocolate, Sweet Milk</b>	1 piece $2\frac{1}{4}'' \times 1'' \times \frac{1}{8}''$ ...	100
<b>Divinity Fudge.....</b>	1 piece $1\frac{1}{2}'' \times \frac{3}{4}'' \times 1''$ ...	100
Fruits.....	1 .....	50

### **Ginger**

Candied.....	2 pieces.....	30
Gum-Drops.....	1 large.....	35
	5 small.....	25
Marshmallows.....	5 .....	100
Mints.....	5 very small.....	7
Molasses Kisses.....	1 .....	35
Nougats.....	1 .....	50
Peanut Brittle.....	1 piece $1\frac{1}{2}'' \times \frac{3}{4}'' \times 1''$ ...	50

### **Peppermint Patty**

Chocolate.....	1	.....	375
Plain.....	1	.....	50
Peppermint Stick.....	1	.....	125

### **Popcorn**

Balls.....	1 medium.....	125
Crackerjack.....	1 box.....	250
Plain.....	1 cup.....	65
<b>Praline</b>	1 .....	300
Saltwater Taffy.....	1 small piece.....	20
Sour Balls.....	2 .....	25

### **Toffee**

Coffee.....	1 .....	20
English.....	1 .....	25
Gum.....	1 stick .....	9

### **CEREALS**

*(Calories listed are for prepared cereals ready to serve).*

		<b>Calories</b>
All Bran Flakes .....	1 cup .....	100
Corn Flakes.....	1 cup.....	132
Corn Meal.....	1/2 cup.....	75
Cracked Wheat.....	1/2 cup.....	100
Cream of Wheat.....	3/4 cup.....	100
Farina.....	3/4 cup.....	100
Grape Nuts.....	1/4 cup.....	100
Hominy Grits.....	4/5 cup.....	100
Oatmeal.....	3/4 cup.....	100
Pettijohn.....	1/2 cup.....	90
Puffed Rice.....	1 cup.....	100
Ralston.....	1/2 cup.....	100
Rice, white.....	3/4 cup.....	100
Rolled Oats.....	1/2 cup.....	100
Scotch Oatmeal.....	1/2 cup.....	100
Shredded Wheat Biscuit	1 cup.....	50
Triscuits.....	2 .....	100

## COCKTAILS

(with sauce)

Bluepoints, raw.....	6	.....	75
Cherrystone Clams.....	6	.....	75
Crabmeat.....	1/2 cup.....	.....	100
Fruit.....	1/2 cup.....	.....	80
Lobster.....	1/2 cup.....	.....	100
Oysters.....	1/2 cup.....	.....	100
Shrimp.....	1/2 cup.....	.....	100

## CONDIMENTS

Calories

A-1 Sauce.....	1	tblspn.....	10
Catsup, tomato.....	1	tblspn.....	10
Creole Sauce.....	1/2	cup.....	200
Cucumber Pickles.....	1/2	cup.....	25
Horseradish.....	1	tspn.....	6
Mustard.....	1	tspn.....	10
Olives, green or ripe...	5	.....	50
Tartar Sauce.....	1	tspn.....	150
Worcestershire Sauce...	1	tspn.....	8

## GRAVIES

Calories

Thick or thin.....	2	tblspn.....	100
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## JELLIES

Apple Butter.....	1	tblspn.....	75
Cranberry.....	1	tblspn.....	50
Fruit Jellies.....	1 3/4	tblspn.....	100
Jams.....	1 3/4	tblspn.....	100
Marmalades.....	1	tblspn.....	100
Peanut Butter.....	1	tblspn.....	100
Preserves.....	1 3/4	tblspn.....	100

## SAUCES

Hollandaise.....	1	Tbls. ....	100
Lemon Sauce.....	3	Tbls. ....	60
White Sauce.....	1/2	cup .....	200

## SWEET SAUCES

Caramel	3	tblspns.....	60
with corn starch.....			
Cherry, foamy.....	1	tblspn.....	100

### Chocolate

with corn starch.....	1	tblspn.....	100
Fruit, with corn starch..	1	tblspn.....	100
Hard Sauce.....	1	tblspn.....	400
Maple, with Corn Starch	1	tblspn.....	100

### Marshmallow

with corn starch.....	1	tblspn.....	100
Wine Sauce.....	3	tblspns.....	60

### SYRUPS

### Calories

Corn.....	1	tblspn. ....	50
Honey, comb .....	1	tblspn. ....	50
Honey, strained .....	1	tblspn. ....	50
Maple .....	1½	tblspns. ....	60
Molasses .....	1	tblspn .....	40

### DAIRY PRODUCTS

### Calories

Butter.....	1	square 1¾" x 1¾" x ¾".....	73
Cheese.....	1	level tblspn.....	100
American.....	1	tblspn., grated dry...	20
	1	cube, 1 ½".....	100
	1	tblspn., grated fresh..	35
Brie.....	1	cube.....	100
Camembert.....	1	sec., 1 ¾" x 1".....	100
Cottage.....	1	rounded tblspn.....	30
	½	cup.....	100
Cream.....	½	cake, 1" x 2" x 1".....	125
	1	tblspn.....	50
Edam.....	1	scoop.....	150
Liederkranz.....	1	tblspn.....	200
Limberger.....	1	cube.....	150
Neufchatel.....	1	tblspn.....	50
Parmesan.....	¼	cup.....	75
Roquefort.....	1	portion.....	200
	1	piece, 2" x 1" x ¾"....	100
Swiss.....	1	slice, 4 ½" x 3 ¼" x ¼".....	100
Swiss Petite Gruyere...	section	.....	150

**Cream**

Average.....	1	tblspn.....	30
Thick.....	1	tblspn.....	60
Whipped.....	1	heaping tblspn.....	50

**Eggs**

		Calories
Boiled.....	1	average size..... 80
Fried.....	1	with tspn. butter..... 110
Omelet.....	2	eggs..... 250
Poached.....	1	egg..... 80
Scrambled.....	1	with 2 tbispsns. milk and 1 tblspn. butter.. 200
Egg White.....	1	..... 14
Egg Yolk.....	1	..... 56

**Milk**

Buttermilk.....	1	cup..... 88
Condensed, sweet.....	3	tblspns..... 200
	$\frac{1}{2}$	cup..... 515
Condensed, unsweet.....	3	tblspns..... 100
Evaporated, unsweet.....	4 $\frac{1}{2}$	tblspns..... 100
	$\frac{1}{2}$	cup..... 160
Malted, dry.....	1	tblspn..... 100
Skimmed.....	1	cup..... 88
Top.....	$\frac{1}{2}$	cup..... 220
Whole.....	1	cup..... 170
Oleomargarine.....	1	level tblspn..... 100
Yeast.....	1	cake..... 20
Yogurt.....	1	pint..... 68

**DESSERTS****Calories****Cake with icing**

Angel Food.....	average slice.....	150
Caramel.....	average slice.....	275
Chocolate, 2 layers.....	average slice.....	350
Chocolate, loaf.....	average slice.....	150
Cocoanut.....	average slice.....	250
Coffee.....	1 square, 1 $\frac{1}{2}$ ".....	100
Cup, plain.....	1 .....	100
Devil's Food.....	average slice.....	250
Doughnuts, French.....	1 average.....	350
Doughnuts, Plain.....	1 average.....	200

Fruit.....	average slice.....	350
Ginger, Bread, hot water	average slice.....	200
Ginger, Cake.....	average slice.....	200
Gold.....	average slice.....	150
One-Egg.....	average slice.....	100
Pound.....	average slice.....	175
Shortcake, with fruit.....	average slice.....	300
Sponge.....	average slice.....	100
Sunshine.....	average slice.....	100
Washington Cream.....	average slice.....	200
<b>Cookies</b>		<b>Calories</b>
Brownie.....	1, 2" x 2" x 1/2"	100
Chocolate.....	1 .....	125
Date.....	1 .....	50
Drop.....	1, 2" diameter.....	100
Fig Newton.....	1 .....	65
Ginger.....	1 .....	50
Hermit.....	1 .....	50
Honey.....	1 .....	50
Ice Box.....	1 .....	150
Macaroon, Almond.....	1 .....	50
Macaroon, Cocoanut.....	1 .....	100
Nabisco.....	1 .....	25
Oatmeal.....	1 .....	50
Petits Fours.....	1 .....	150
Shortbread.....	1 .....	100
Ladyfingers.....	1 very small piece.....	50 -
<b>Ice Cream</b>		
Butterscotch,		
marshmallow.....	1/2 cup.....	500
Chocolate.....	1/2 cup.....	250
Chocolate Sundae.....	1/2 cup.....	400
Fruit Mousse.....	1/2 cup.....	350
Fruit Sundae.....	1/2 cup.....	400
Maple Mousse.....	1/2 cup.....	400
Nesselrode Pudding.....	1/2 cup.....	500
New York.....	1/2 cup.....	125
Sodas, all flavors.....	1 glass.....	350
Vanilla, plain.....	1/2 cup.....	100

		Calories
<b>Ices</b>		
Lemon.....	1/2 cup.....	110
Orange.....	1/2 cup.....	110
Pineapple.....	1/2 cup.....	125
Raspberry.....	1/2 cup.....	110
<b>Pastries</b>		
Chocolate Eclair.....	1 small.....	150
Cream Puffs.....	1 small.....	250
Custard Puffs.....	1 small.....	200
French Pastries.....	1 small.....	250
Kisses, plain.....	1 small.....	50
Marguerites.....	1 small.....	50
Tarts, jelly.....	1 small.....	150
<b>Pies</b>		
Apple.....	1 wedge, 1/6 of pie...	350
Apricot.....	1 wedge, 1/6 of pie...	350
Banana Cream.....	1 wedge, 1/6 of pie...	250
Berry, all.....	1 wedge, 1/6 of pie...	350
Butterscotch.....	1 wedge, 3" cut.....	350
Cherry.....	1 wedge, 1/6 of pie...	350
Cocoanut Custard.....	1 wedge, 1/6 of pie...	350
Custard.....	1 wedge, 1/6 of pie...	250
Lemon Meringue.....	1 wedge, 1/6 of pie...	200
Peach.....	1 wedge, 1/6 of pie...	350
Pumpkin.....	1 wedge, 1/6 of pie...	300
Prune.....	1 wedge, 1/6 of pie...	220
Raisin.....	1 wedge, 1/6 of pie...	400
Rhubarb.....	1 wedge, 1/6 of pie...	350
<b>Puddings</b>		
Apple Dumpling.....	1 medium.....	300
Apricot Whip.....	1/2 cup.....	100
Banana Custard with		
Meringue.....	1/2 cup.....	135
Banana Whip.....	1/2 cup.....	60
Blanc Mange, Chocolate	1/2 cup.....	200
Bread.....	1/2 cup.....	150
Brown Betty.....	1/2 cup.....	200
Charlotte Russe.....	1 cup.....	250
Corn Starch.....	1/2 cup.....	150

**Custard**

Caramel.....	1/2 cup.....	150
Plain.....	1/2 cup.....	100
Floating Island.....	1/2 cup.....	150
Fruit Gelatin.....	1/2 cup.....	60

**Gingerbread**

Hot Water.....	2x2x4 in.....	190
Sour Milk.....	2x2x4 in.....	200
Jello, all.....	1 cup.....	75
Junket.....	1/2 cup.....	100
Plum, no sauce.....	1/2 cup.....	125
Prune Whip.....	1/2 cup.....	100
Rice.....	1/2 cup.....	150
Snow.....	2/3 cup.....	100
Tapioca.....	1/2 cup.....	200

**FISH AND SEAFOODS**

(Boiled or broiled, add calories for butter if fried.)

Abalone Steak.....	average help.....	40
Bass.....	average help.....	100
Bluefish.....	average help.....	85
Caviar.....	1 tblspn.....	100
Clams.....	8 average.....	100

**Cod**

Balls.....	2 small .....	100
Cakes.....	1-2" diam.....	125
Creamed.....	1/2 cup.....	150
Steak, cooked.....	average help.....	135

**Crab**

Canned.....	1/2 cup.....	75
Cracked.....	1 medium.....	100
Soft Shell.....	2 .....	150
Finnan Haddie.....	average help.....	100
Creamed.....	1/2 cup.....	100
Flounder.....	1 portion.....	100
Frog Legs.....	2 .....	50
Haddock.....	average help.....	100
Halibut.....	average help.....	115

**Lobster**

Canned.....	$\frac{1}{2}$ cup.....	65
Fresh.....	$\frac{1}{2}$ cup.....	125

**Mackerel**

Fresh.....	average help.....	110
Salt.....	average help.....	66
Muskellunge.....	average help.....	100
Mussels.....	9 .....	50
Oysters.....	$\frac{1}{3}$ cup.....	50
Oysters, scalloped.....	6 large.....	250
Oysters, fried.....	2 .....	60
Perch.....	3 medium.....	80
Pickerel.....	average help.....	100
Pike.....	average help.....	100
Red Snapper.....	average help.....	100

**Salmon**

Canned.....	$\frac{1}{2}$ cup.....	100
Fresh.....	1 slice.....	100
Sand Dabs.....	2 .....	50
Sardines.....	4, 3" long.....	100
Scallops.....	6 large.....	100
Shad.....	average help.....	100
Roe.....	average help.....	100
Shrimps.....	10 .....	50
Smelts.....	2 .....	100
Sole.....	average help.....	100
Sword Fish.....	average help.....	130

**Trout**

Brook.....	2 .....	75
Lake.....	average help.....	125

**Tuna**

Canned.....	$\frac{1}{2}$ cup in oil.....	100
White Fish.....	average help.....	100

**FLOUR FOODS**

(Calories listed do not include butter or syrup)

Buckwheat cakes.....	1 .....	150
Dumplings.....	1 .....	100
Macaroni, cooked.....	$\frac{3}{4}$ cup.....	100

Macaroni and cheese	3/4 cup	280
Noodles, cooked	1/2 cup	60
<b>Pancakes</b>		<b>Calories</b>
French	1	200
Plain	1	100
Waffles	1	225

## FOWL

### Chicken

Broiler	1/2 medium	100
Creamed	1/4 cup	100
Fried	1 small thigh or leg	200
	1 piece breast	150
Roast	white meat, 3 slices	
	3 1/2" x 2 1/2" x 1/4"	100
	dark meat, 3 slices	
	3 1/2" x 2 1/2" x 1/4"	150
Duck, roast	1 piece	300
Goose, roast	1 piece	300
Pheasant, roast	1 piece	200
Squab	1 small	300
Turkey, roast	1 slice white meat	
	4 x 2 x 1/4"	100
	1 slice dark meat	
	4 x 2 x 1/4"	125

## FRUIT

### Apple

Raw	average size	50
Baked, without sugar	1	50
Baked, with 2 tbs. sugar	1	75
Sauce	1/2 cup	65

### Apricots

Fresh	3	51
Canned, with juice	5	125
Dried	5 halves	50
Stewed, with juice,		
Unsweetened	4 1/2	50
Avocado	1/2 medium	300
Banana	1 medium	100

		Calories
<b>Blackberries</b>		
Fresh.....	1 cup.....	112
Canned.....	1/2 cup.....	150
<b>Blueberries</b>		
Fresh.....	1 cup.....	100
Canned.....	1/2 cup.....	100
<b>Cantaloupe</b> .....	1/2-5" diameter.....	50
Balls.....	1 cup.....	50
<b>Citron</b>		
Dried.....	1 medium piece.....	100
<b>Cherries</b>		
Fresh.....	10 .....	55
Stoned.....	1/2 cup.....	40
Canned.....	1/2 cup.....	100
<b>Crab Apples</b>		
Spiced.....	1 .....	50
<b>Cranberries</b>		
Sauce.....	1/2 cup.....	100
<b>Currants</b>		
Cooked.....	1/2 cup.....	100
Dried.....	1/2 cup.....	200
Fresh.....	3/4 cup.....	51
<b>Dates</b> .....	3 to 4.....	100
<b>Figs</b>	...	
Dried.....	2 .....	138
Fresh.....	3 small.....	100
<b>Gooseberries</b>		
Cooked.....	1/2 cup.....	100
<b>Grapes</b>		
Tokay.....	1/2 cup.....	75
Concord.....	3/4 cup.....	100
Malaga.....	26 .....	100
<b>Grapefruit</b>		
Unsweetened.....	1/2 .....	50
<b>Lemons</b> .....	1 medium.....	46
<b>Loganberries</b>		
Canned.....	1/2 cup.....	100
Fresh.....	1 cup.....	100

		Calories
<b>Melons</b>		
Casaba.....	1/8 .....	100
Honeydew.....	1/6 .....	50
Persian.....	1/6 .....	50
<b>Nectarines</b> .....	2 small.....	100
<b>Oranges</b> .....	1 average size.....	80
	1 cup, small pcs. .....	100
<b>Peaches</b>		
Canned.....	2 Hlvs. with Juice.....	100
Fresh.....	1 Lg.....	50
Spiced.....	1 .....	150
<b>Pears</b>		
Canned.....	3 Hlvs. with Juice.....	100
Fresh.....	1 .....	70
Spiced.....	1 .....	150
<b>Pineapple</b>		
Canned.....	2 Slices with Juice.....	100
Crushed.....	1/4 cup Shredded.....	100
Fresh.....	2 Slices—1" Thick.....	50
<b>Plums</b>		
Canned—with juice.....	4 .....	200
Fresh.....	4 .....	120
<b>Pomegranate</b> .....	1 .....	50
<b>Prunes</b>		
Dried.....	4 .....	100
Stewed—with juice.....	4 .....	200
<b>Raisins</b> .....	1/4 cup.....	100
<b>Raspberries</b>		
Canned.....	1/2 cup.....	100
Fresh.....	1/2 cup.....	50
<b>Rhubarb</b>		
Canned.....	1/2 cup.....	100
Fresh.....	1 cup—1" Pieces.....	20
Stewed.....	1/2 cup.....	100
<b>Strawberries</b>		
Canned.....	1/2 cup.....	100
Fresh.....	1 cup.....	78

<b>Tangerines</b> .....	1	.....	35
<b>Watermelon</b> .....	1½ lbs.	.....	100
		Large slice.....	15

## JUICES

## Calories

<b>Clam juice</b> .....	$\frac{1}{2}$	cup.....	60
<b>Grape juice</b> .....	$\frac{1}{2}$	cup.....	70
<b>Grapefruit juice</b> .....	1	cup—unsweetened.....	100
<b>Kraut juice</b> .....	$\frac{1}{2}$	cup.....	20
<b>Lemon juice</b> .....	$\frac{1}{2}$	cup.....	40
		1tblspn.....	5
<b>Lime juice</b> .....	1	tblspn.....	10
<b>Orange juice</b> .....	$\frac{1}{2}$	cup.....	55
<b>Pineapple juice</b> .....	$\frac{1}{2}$	cup.....	65
<b>Pomegranate juice</b> ...	$\frac{1}{2}$	cup.....	50
<b>Tomato juice</b> .....	$\frac{1}{2}$	cup.....	25

## MEAT

(Boiled or broiled. Add calories for fats if fried.)

Bacon

Crisp.....4 slices.....100

## Beef

Corned, boiled.....	1 slice, 4"x1"x1"	100
Corned, hash.....	1/2 cup.....	100
Dried.....	3 slices, 4"x5"x thin....	50
Dried, creamed.....	1/2 cup.....	125
Hamburger.....	1 Patty.....	200
Heart.....	1 Medium Piece.....	100
Liver.....	1 slice, 2"x3"x1/2".....	100
Pot Roast—lean.....	1 slice, 4 3/4"x3 1/2"x 1/8" .	100
Rib Roast—lean.....	1 slice, 5"x2 1/2"x 1/4" .	100
Rib Roast—med. fat....	1 slice—1/4" thick.....	340
Round Steak—lean.....	1 slice, 3"x1"x1".....	100
Sirloin Steak.....	1 piece, 2"x1 1/2"x 3/4" ..	100
Stew.....	1 cup.....	300
Swiss Steak.....	1 piece, 4"x1"x1/2"....	100
Tenderloin.....	1 Small.....	250
Tongue.....	2 small pieces.....	75

## Brains

Calves.....  $\frac{2}{3}$  cup..... 100

		Calories
<b>Ham</b>		
Boiled.....	1 slice—no fat.....	100
Fried.....	1 piece.....	200
Hocks.....	1 .....	250
Smoked—med. fat.....	1 slice, $4\frac{1}{2}'' \times 4\frac{1}{2}'' \times \frac{1}{4}''$ ..	400
lean.....	1 slice, $4\frac{3}{4}'' \times 4'' \times \frac{1}{8}''$ ...	100
<b>Kidney</b>		
Beef or Veal.....	1—5" .....	250
<b>Lamb</b>		
Chop.....	1 medium.....	100
Roast.....	1 slice, $3\frac{1}{2}'' \times 4\frac{1}{2}'' \times \frac{1}{8}''$ ..	100
<b>Meat Balls</b> .....	1 large.....	150
<b>Meat Loaf</b> .....	1 slice.....	150
<b>Mutton</b>		
Boiled—lean.....	1 slice.....	125
Chop—lean.....	1 small.....	150
Roast.....	1 slice, $3\frac{1}{2}'' \times 4\frac{1}{2}'' \times \frac{1}{8}''$ ..	125
<b>Pigs Feet</b>		
Pickled.....	1 small.....	100
<b>Pork</b>		
Chop—lean.....	1 medium.....	200
Roast.....	1 slice.....	170
Salt.....	1 small piece.....	100
Spareribs.....	1 piece—4 ribs.....	150
Tenderloin.....	1 .....	200
<b>Sausage</b>		
Bologna.....	2 slices.....	100
Cervelat.....	2 slices.....	100
Frankfurter.....	1 small.....	100
	1 large.....	150
Head Cheese.....	1 medium slice.....	100
Liverwurst.....	1 slice.....	100
Pork Sausage, links.....	2 average.....	100
meat.....	1 patty.....	150
Salami.....	2 slices.....	100
Summer.....	4 slices.....	100

		Calories
<b>Sweetbreads</b>		
Broiled.....	2 .....	75
Creamed.....	1/2 cup.....	125
<b>Tripe</b>		
Broiled.....	average helping.....	150
<b>Veal</b>		
Cutlet—broiled.....	1 medium.....	100
Cutlet—lean & breaded	1 medium.....	200
Roast.....	1 slice, 2" x 2 3/4" x 1/8" .....	100
Steak.....	1 small piece.....	100
Stew.....	1 cup.....	200
<b>Venison</b> .....	1 slice.....	150
<b>Wienerschnitzel</b> .....	1 slice.....	300
<b>Almonds</b>	<b>NUTS</b>	
Plain.....	12 to 15.....	100
Salted.....	10 .....	100
<b>Brazil</b>		
Large.....	2 .....	100
<b>Cashew</b> .....	4 to 5.....	100
<b>Chestnuts</b> .....	7 .....	100
<b>Cocoanut</b>		
Shredded.....	3 tblopn.....	100
<b>Filberts</b> .....	8 to 10.....	100
<b>Hazel</b> .....	10 to 12.....	100
<b>Hickory</b> .....	12 .....	100
<b>Peanuts</b>		
Chopped.....	2 tblopn.....	100
Roasted—double.....	12 .....	100
Salted.....	18 .....	100
<b>Pecans</b>		
Halves.....	12 .....	100
<b>Pine</b> .....	12 .....	100
<b>Pistachio</b> .....	12 .....	100
<b>Walnuts</b>		
Halves.....	10 .....	100

### SALADS

(Without dressing)

<b>Asparagus Tips</b> .....	average helping.....	32
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<b>Avocado</b>	.....	average	helping.....	110
<b>Cabbage, Celery,</b>				
<b>Pineapple</b>	.....	average	helping.....	70
<b>Cabbage Slaw</b>	.....	average	helping.....	35
<b>Chicken</b>	.....	average	helping.....	130
<b>Combination</b>				
<b>Fruit</b>	.....	average	helping.....	110
<b>Vegetable</b>	.....	average	helping.....	90
<b>Crabmeat</b>	.....	average	helping.....	90
<b>Egg</b>	.....	average	helping.....	125
<b>Egg</b>				
<b>Deviled</b>	.....	average	helping.....	150
<b>Egg and Tomato</b>	.....	average	helping.....	85
<b>Endive</b>	.....	average	helping.....	35
<b>Endive and Grapefruit</b>	average	helping.....		85
<b>Fruit</b>				
<b>Gelatin</b>	.....	average	helping.....	110
<b>Herring</b>	.....	average	helping.....	175
<b>Lobster</b>	.....	average	helping.....	150
<b>Pineapple and Cheese</b>	average	helping.....		100
<b>Potato</b>	.....	average	helping.....	220
<b>Salmon</b>	.....	average	helping.....	200
<b>Shrimp</b>	.....	average	helping.....	65
<b>Tomato and Cucumber</b>	average	helping.....		35
<b>Tomato and Lettuce</b>	.....	average	helping.....	35
<b>Tomato—Stuffed</b>				
<b>Avocado Pear</b>	.....	average	helping.....	110
<b>Chicken</b>	.....	average	helping.....	130
<b>Cottage Cheese</b>	.....	average	helping.....	75
<b>Crab</b>	.....	average	helping.....	105
<b>Lobster</b>	.....	average	helping.....	90
<b>Shrimp</b>	.....	average	helping.....	85
<b>Waldorf</b>	.....	average	helping.....	100

### **SALAD DRESSINGS, OILS**

(See recipe for diet dressing.)

<b>Bacon Fat</b>	.....	1	tblspn.....	135
<b>Boiled Dressing</b>	.....	1	tblspn.....	50
<b>Chicken Fat</b>	.....	1	tblspn.....	115
<b>Codliver Oil</b>	.....	1	tblspn.....	100

<b>Cottonseed Oil</b> .....1	tblspn.....	100
<b>Cream Dressing</b> .....1	tblspn.....	50
<b>French Dressing</b> .....1	tblspn.....	75
<b>French Diet Dressing</b> ..1	tblspn.....	25
<b>Halibut Oil</b> .....1	tblspn.....	100
<b>Lard</b> .....1	tblspn.....	100
<b>Mayonnaise</b> .....1	tblspn.....	100

**Mayonnaise Diet**

<b>Dressing</b> .....1	tblspn.....	50
<b>Mineral Oil</b> .....		xxx
<b>Olive Oil</b> .....1	tblspn.....	100
<b>Roquefort Dressing</b> ...1	tblspn.....	250
<b>Russian Dressing</b> .....1	tblspn.....	75
<b>Thousand Island</b> .....1	tblspn.....	175
<b>Thousand Island Diet</b> ..1	tblspn.....	75
<b>Vinegar</b> .....average use		xxx
<b>Viosterol</b> .....		xxx

**Diet Dressing**

$\frac{2}{3}$  c. Mineral Oil

$\frac{1}{3}$  c. Vinegar

1 teas. Salt

Pepper

$1\frac{1}{2}$  t. Paprika

2 or 3 Beads Garlic (halved)

Pour ingredients into jar with  
tight cover. Shake well to mix.

**SOUPS AND CONSOMMES**

(Consommé chilled—add 25C.)

**Asparagus**

Creamed.....1 cup.....180

**Bean**

Navy.....1 cup.....200

**Beef Broth**.....1 cup.....50

**Bouillon**

Clear.....1 cup.....25

**Celery**

Creamed.....1 cup.....150

**Clam Consommé**.....1 cup.....50

**Chowder**.....1 cup.....250

<b>Clear Consommé.....</b>	<b>1 cup.....</b>	<b>25</b>
<b>Chicken</b>		
<b>Clear.....</b>	<b>1 cup.....</b>	<b>50</b>
<b>With Rice.....</b>	<b>1 cup.....</b>	<b>100</b>
<b>Corn</b>		
<b>Creamed.....</b>	<b>1 cup.....</b>	<b>200</b>
<b>Lentil.....</b>	<b>1 cup.....</b>	<b>250</b>
<b>Mock Turtle.....</b>	<b>1 cup.....</b>	<b>250</b>
<b>Mulligatawny.....</b>	<b>1 cup.....</b>	<b>140</b>
<b>Mushroom</b>		
<b>Creamed.....</b>	<b>1 cup.....</b>	<b>200</b>
<b>Onion</b>		
<b>Creamed.....</b>	<b>1 cup.....</b>	<b>200</b>
<b>French.....</b>	<b>1 cup.....</b>	<b>150</b>
<b>Oxtail.....</b>	<b>1 cup.....</b>	<b>155</b>
<b>Oyster Stew</b>		
<b>Milk.....</b>	<b>1 cup.....</b>	<b>150</b>
<b>½ Cream.....</b>	<b>1 cup.....</b>	<b>200</b>
<b>Pea</b>		
<b>Creamed.....</b>	<b>1 cup.....</b>	<b>200</b>
<b>Split.....</b>	<b>1 cup.....</b>	<b>200</b>
<b>Pepperpot.....</b>	<b>1 cup.....</b>	<b>180</b>
<b>Potato</b>		
<b>Creamed.....</b>	<b>1 cup.....</b>	<b>275</b>
<b>Spinach</b>		
<b>Creamed.....</b>	<b>1 cup.....</b>	<b>200</b>
<b>Tomato</b>		
<b>Clear.....</b>	<b>1 cup.....</b>	<b>50</b>
<b>Creamed.....</b>	<b>1 cup.....</b>	<b>230</b>
<b>With Skimmed Milk.....</b>	<b>1 cup.....</b>	<b>100</b>
<b>Vegetable.....</b>	<b>1 cup.....</b>	<b>100</b>

### **SUGARS**

<b>Beet.....</b>	<b>1 teaspoon.....</b>	<b>25</b>
<b>Brown.....</b>	<b>1 teaspoon.....</b>	<b>17</b>
<b>Cane</b>		
<b>Granulated.....</b>	<b>1 teaspoon.....</b>	<b>25</b>
<b>Loaf.....</b>	<b>1 piece, 1½" x ¾" x ¾".</b>	<b>25</b>
<b>Powdered.....</b>	<b>1 tablespoon.....</b>	<b>36</b>

<b>Maple</b> .....	1 piece, $1\frac{3}{4}'' \times 1\frac{1}{4}'' \times \frac{1}{2}''$	.100
	1 tablespoon.....	10

### VEGETABLES

(Calorie count below does not include butter or cream sauce.)

<b>Artichokes</b> .....	1	.....	150
<b>Asparagus</b>			
Canned.....	6	stalks.....	50
Fresh.....	8	stalks.....	18
Tips.....	$\frac{1}{2}$	cup.....	30
<b>Bamboo Shoots</b> .....	$\frac{1}{2}$	cup.....	25
<b>Beans</b>			
Canned Baked.....	$\frac{1}{2}$	cup.....	129
Home Baked.....	$\frac{1}{2}$	cup.....	300
Kidney, Canned.....	$\frac{1}{2}$	cup.....	100
Kidney, Dried.....	$\frac{1}{8}$	cup.....	87
Lima.....	$\frac{1}{2}$	cup.....	100
Lima, Dried.....	$\frac{1}{2}$	cup.....	275
Navy.....	$\frac{1}{2}$	cup.....	160
String.....	1	cup.....	25
Wax.....	1	cup.....	25
<b>Beets</b>			
Cooked.....	$\frac{1}{2}$	cup.....	45
Greens.....	$\frac{1}{2}$	cup.....	30
Pickled.....	6	slices.....	25
<b>Broccoli</b> .....	1	cup.....	42
<b>Brussel Sprouts</b> .....	6	.....	48
<b>Cabbage</b>			
Cooked.....	1	cup.....	25
Raw.....	1	cup.....	25
<b>Carrots</b>			
Cooked.....	$\frac{1}{2}$	cup.....	35
Fresh, Grated.....	1	cup.....	60
Raw.....	4	medium.....	30
<b>Cauliflower</b> .....	1	cup.....	30
<b>Celery</b> .....	6	stalks.....	15
<b>Chard</b>			
Cooked.....	$1\frac{1}{2}$	cups.....	95

**Corn**

Canned.....	1/2 cup.....	100
On Cob.....	1 ear—6".....	60
Popped.....	1 1/2 cups.....	100
Cucumber.....	12 slices.....	10
Dandelion Greens....	1 1/4 cups.....	50

**Eggplant**

Fried.....	1 slice.....	50
Endive.....	5 pieces.....	60

**Kale**

Cooked.....	1 cup.....	45
Kohlrabi.....	1 cup.....	50
Leek.....	1 .....	10
Lettuce.....	1 large head.....	50
	average head.....	10

**Mushrooms**

Buttons.....	1 cup.....	25
Canned.....	1/2 cup.....	85
Fresh.....	25—1" diameter.....	100
Okra.....	7 pods.....	25

**Onions**

Fried.....	1/4 cup.....	75
Green, Raw.....	5 medium.....	10
Spanish.....	1 medium.....	50
Stewed.....	1/2 cup.....	50
White, Chopped.....	1/2 cup.....	75
Parsley.....	1 bunch.....	25

**Parsnips**

Cooked.....	1/2 cup cubes.....	65
	1—2" diameter at top..	100

**Peas**

Canned.....	1/2 cup.....	55
Dried, Split.....	2 tblspn.....	100
Fresh.....	1/2 cup.....	75

**Peppers**

Green.....	1 whole.....	20
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### **Potatoes**

Au Gratin.....	$\frac{1}{2}$ cup.....	200
Baked.....	1 medium.....	100
Boiled.....	2 small.....	100
Chips.....	$\frac{1}{4}$ cup.....	100
Creamed.....	$\frac{1}{2}$ cup.....	150
Escalloped.....	$\frac{1}{2}$ cup.....	150
French Fried.....	4 pieces.....	100
Fried.....	4 slices.....	100
Hashed Brown.....	$\frac{1}{3}$ cup.....	100
Mashed.....	$\frac{1}{2}$ cup.....	100
Sweet, Baked.....	1 small.....	150
Yam.....	1 medium.....	200
<b>Pumpkin</b> .....	1 cup.....	70
<b>Radishes</b> .....	5 .....	15

### **Rhubarb**

Canned.....	$\frac{1}{2}$ cup.....	100
Fresh.....	1 cup—1" pieces.....	20
Stewed.....	$\frac{1}{2}$ cup.....	100
<b>Rutabagas</b> .....	$\frac{1}{2}$ cup.....	30

### **Spinach**

Plain.....	1 cup.....	40
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### **Squash**

Hubbard, Mashed.....	$\frac{1}{2}$ cup.....	50
Summer, Mashed.....	$\frac{1}{2}$ cup.....	25
<b>Succotash</b> .....	$\frac{1}{2}$ cup.....	150

### **Tomatoes**

Canned.....	1 cup.....	50
Raw.....	1 .....	3.5
Stewed.....	$\frac{1}{2}$ cup.....	65

### **Turnips**

Chopped.....	$\frac{3}{4}$ cup.....	35
Mashed.....	$\frac{1}{2}$ cup.....	50
<b>Watercress</b> .....	1 bunch.....	20

## HOW TO WATCH YOUR WEIGHT\*

\*Weigh yourself daily. Usually after elimination, following breakfast, is the best time. Use the same scale daily.

\*\*Use "+" for gain; use "—" for loss.

## **Other products by Campana —**

### **ITALIAN BALM Hand Lotion**

Famous skin softening formula brought down from Canada many years ago. For hands, face, body.

### **SOLITAIR CAKE MAKE-UP**

Applied with dampened sponge and water. Rich in lanolin. Guards and protects skin while you are wearing it. Gives glamorous complexion beauty for hours and hours.

### **SHEER MAGIC LIQUID MAKE-UP**

A fluid beauty preparation that gives your face smooth, soft beauty with more than a touch of glamour.

### **MAGIC TOUCH CREAM MAKE-UP**

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These are little cotton flannel disks saturated with Dreskin cleansing lotion. Easy to use for freshening up at home or away.

### **PURSETTES TAMPONS**

The only tampon on the world market with special patented melt-away lubricated tip. An absolute "must" for the modern minded girl when it comes to sanitary protection.

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